

ANOTHER RECORD-BREAKING DAY IN HRM, PG 4

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Concert on the
Common said
to be a 'big one'

MUSIC The next big outdoor concert for the Halifax Common will be announced on Thursday.

Harold MacKay of Power Promotional Concepts said yesterday a press conference is scheduled for later this week to announce the musical lineup. MacKay is tight-lipped on who will take to the stage, citing contractual agreements, but it's expected he'll announce a rock show.

"We'll see Thursday," MacKay said when asked about headliners. "It's going to be a big one."

Whoever is announced, they'll have big shoes to fill. Since concerts began on the Common four years ago, the likes of The Rolling Stones, Paul McCartney and Kiss have taken to the stage.

"It will be up there," MacKay noted.

This will be the second concert on the Common this summer. Alan Jackson is headlining a two-day country show Aug. 6 and 7.

METRO HALIFAX



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Golf **Tamed Tiger?**

Tiger Woods speaks during his press conference at the Masters golf tournament yesterday in Augusta, Ga. Woods used the occasion to acknowledge that he has "acted terribly." The tournament begins Thursday. Story, page 12.

Province to
slash civil
service by
10%: Source

BUDGET Nova Scotia's budget axe is poised to come down on the province's civil service when Finance Minister Graham Steele tables his spring budget today.

Sources tell The Canadian Press as part of its plan to reduce the province's \$490-million deficit and balance the budget by 2013-14, the NDP government will cut the civil service by 10 per cent, or 1,000 jobs, over a four-year period.

"This is a consequence of the spending reductions necessary to get back to balance. It won't be easy, but it can be done through attrition and voluntary departures," said a government source.

The cuts will be made to positions across a range of government departments and will not affect the broader public service, the source said.

"Given the projected number of retirements, we do not expect this will require layoffs."

The source said the government projects about 2,000 retirements or more over the next four years, meaning it will likely need to hire in certain areas in order to fill jobs deemed essential. It was stressed while no hiring freeze is in place, the government will have to reduce the number of people hired to replace those who do retire.

Once the 10 per cent target is reached the government is expected to save about \$65 million annually, another source said.

THE CANADIAN PRESS
MORE BUDGET COVERAGE, PAGE 3

Shootings a 'concern'

Mayor plans to address recent gun violence with HRP, RCMP

ALEX BOUTLIER
for Metro Halifax

tainly of concern," Kelly said. "I will be reaching both (Beazley and Beaton) and having discussions as to what some of the concerns seem to be and what we can do collectively to address these areas of concern."

Kelly told Metro yesterday he plans to speak with Halifax Regional Police Chief Frank Beazley and Halifax RCMP Supt. Darrell Beaton at some point today about the forces' investigation into six shootings in the region over the past two weeks.

"(The shootings) are cer-

tre with serious gun shot wounds.

Around 10 p.m. the following night, shots were fired near Olympic Court and Sunrise Walk. HRP arrested several people, all later released, and no victims were found.

Police say the two shootings are related and they have a strong idea on suspects, but there have been no arrests.

There have also been no arrests in the four other recent shootings, including two in North Preston, one in Cherry Brook and

one in Spryfield.

Kelly said HRM will try to find a solution for this recent gunfire spree through working with the affected communities, but wouldn't comment on any specifics until he talks with Beazley and Beaton.

"For us, it's trying to work with the communities to find a way to alleviate this use (of guns)," Kelly said. "The federal government, the province and the municipality, in concert with the police forces, need to find other avenues of opportunity to address and reduce the use of guns."



Peter Kelly

Mayor Peter Kelly says he'll be contacting both of HRM's police forces' top cops today to discuss the recent spate of gun violence.

Two more shootings in Uniacke Square last weekend brought HRM's two-week shooting total to six since March 22. Just after 6:30 p.m. on Friday, gunfire was heard near Uniacke Street. Two men in their 20s arrived at QEII Health Sciences Cen-

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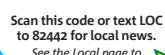
Local



Contract buyout saves \$600K: NDP

The provincial government says it has saved \$600,000 by buying out its contract with Bay Ferries. The company was owed \$3 million under the existing contract signed in January 2009. The province has agreed to an early payout of \$2.4 million to save \$600,000, which, the NDP government says in a news release, will be made available for forward-looking investments in economic development in Western Nova Scotia.

YARMOUTH VANGUARD



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Man sent off for psychiatric exam after police standoff

CONFRONTATION A Halifax man was transported to hospital to undergo a psychiatric evaluation after a tense early morning stand off with Halifax Regional Police.

After receiving a 911 hang-up at 8:30 a.m., police say officers responded to an apartment on the 6100 block of Lady Hammond Road in Halifax. A 59-year-old male resident, allegedly with mental-health issues, refused to allow police inside.

Officers proceeded to knock down the door, and the man barricaded himself in his bedroom. When police opened the door, the man was allegedly brandishing a kitchen knife and threatening officers.

Police closed the door and convinced the man to exit. He told them he would come out after finishing a cigarette, but police noticed large amounts of smoke coming from the door. Officers forced the door open and found a table in the room on fire.

After extinguishing the fire and a brief struggle with police, the man was transported to hospital for treatment.

METRO HALIFAX

What to expect in 'first' budget

Tax increase all but certain as part of NDP fiscal plan

PAUL MCLEOD

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Expect a tax hike, a deficit and loads of capital spending in today's provincial budget.

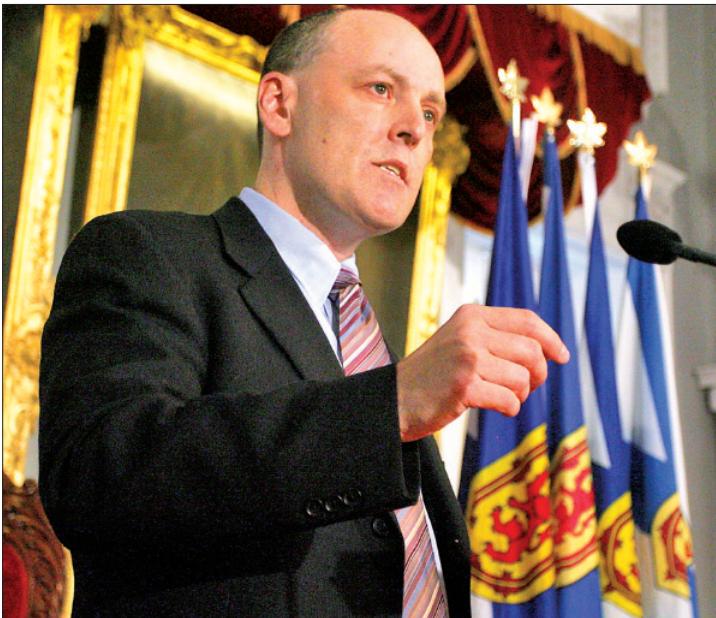
The promise of a balanced budget with no cuts and no tax hikes from a year ago by the NDP is long out the window, but Finance Minister Graham Steele says the party knows where it's going in its "first" budget.

"Of course we did introduce and pass a budget last fall, but it barely counts," Steele told the Halifax Chamber of Commerce last week.

"After the election, the fiscal year was half over and we had to pass what was mostly the previous government's budget."

Steele projects three to five more years of deficit before the province gets back in the black and that groundwork will be unveiled today at 2 p.m. There's no shortage of things to keep an eye out for:

1 Taxes: The rumoured two-point HST hike is all but confirmed. Steele said this spring's back-to-balance sessions reported a consensus approval for the hikes and said, "Where there is a consensus, it shouldn't surprise anybody that the government



Finance Minister Graham Steele, shown here in this Metro file photo, is tabling the provincial budget today, and it's expected to include an increase to the HST of two percentage points.

will likely act on it."

2 Stimulus: There's one year left for the province to qualify for deep pools of federal stimulus money and the NDP intends to do just that. Last year's massive capital budget came to \$724 million and Steele said this year's would be "less, but only by a little." Capital spending should greatly

drop off the following year.

3 Convention centre: The NDP will decide whether to fund a downtown convention centre on April 19. The party has said it hasn't ruled out funding this year, but it's unclear how it will leave itself wiggle room in a budget released two weeks before the decision is made.

4 University spending: This year's books are skewed because the NDP continued the Tory tradition of funding universities a year early. An early payment last year clears \$341 million from the books this year. That should make the deficit look deceptively small, while funding levels for next year are up in the air.

Zinck's troubles leave predecessor 'shocked'

PAUL MCLEOD

paul.mcleod@metronews.ca



"It's a most unfortunate situation ... It was my intent to leave a legacy behind."

Jerry Pye,
former NDP MLA



time to be a social democratic constituency."

At \$86,000 per year, Zinck stands to make over \$300,000 by the time the next election rolls around. Also, while he currently doesn't have enough years of service to get a pension, he would by the next election.

Zinck's predecessor, former NDP MLA Jerry Pye, said he was stunned by the news but doesn't believe Zinck will resign.

Pye said he believes if

Zinck rehabilitates himself from his admitted drinking and gambling problems, he could even have a chance to get re-elected.

"Why would he leave?" said Pye. "Why would he

not tolerate the embarrassment of the situation he now finds?"

HRM Coun. Jim Smith lost a contested nomination run to Zinck that ultimately ended in Smith leaving the party. He ran against Zinck as a Liberal last year but fell 1,700 votes short.

Smith said he's received worried calls from constituents about Zinck being able to represent them provincially, and admitted he has some concerns himself. But he isn't calling for Zinck to step down.

"I don't think that's something I should weigh into. I can only say people certainly are frustrated," said Smith.

Home heavily damaged in fire

DARTMOUTH A home was extensively damaged in a Dartmouth neighbourhood yesterday afternoon.

Halifax Regional Fire was called to a blaze at 104 Spring Ave. just after 4:30 p.m. Upon arrival, firefighters faced one side of the home, along with the roof and attic area, on fire.

There were no injuries as the family was able to escape.

Firefighters were able to get the fire under control quickly but remained on scene for several hours to go through the home looking for hot spots. A cause isn't yet known.

METRO HALIFAX



Truro police are asking for the public's assistance in recovering a stolen mobile car wash trailer. The theft occurred on Willow Street between 11:40 p.m. and midnight Saturday. The trailer is 16 feet long and gray with "car wash" printed on the side. **METRO NEWS SERVICES**

High hopes for warm days

SHELBY MCDONALD
for Metro Halifax



Cheyne Tracy is a true believer.

The Dartmouth resident was one of many HRM residents who took advantage of the summer-like weather at the Halifax Common yesterday.

The Common was packed with people of all ages. There were people throwing Frisbees, kids on bikes and skateboards and children using the playground equipment while their parents watched from the grass, something unusual to be done in the first week of April.

"This is gorgeous, unbelievable. Enjoying every second of it," said Tracy, as her five-year-old daughter Summer played on the monkey bars next to her. "I believe it will last, too."

It was another record-breaker temperature-wise for HRM yesterday, according to Environment Canada.

The high temperature at Halifax Stanfield International Airport reached 20 C, bettering the old mark of 18.7 C set in 1991.

Record temperatures were also broken last Saturday and Sunday, too.



Five-year-old Summer Tracy plays on the monkey bars on the playground at the Halifax Common yesterday, as her mother Cheyne lends a helping hand. It was another warm day in Halifax yesterday as temperatures reached 20 C.

The temperature Saturday at the airport reached 21.3 C while Sunday maxed out at 24.7 C.

The normal temperature for this time of year is 7 C.

"I won't say anything negative about it, that's for sure," said Bedford's Stacey Stewart, who was enjoying the warm weather on a blanket at the Common while playing

with her baby daughter. "We'll keep this weather around hopefully right through the summer now."

Follow HRM resident David Wright used the wide open Common space to play with his kids, including kicking around a soccer ball with his son.

"It's fantastic," he said. "It's nice to be out in the

sun like this."

Another warm sunny day is forecast for Halifax today as temperatures are expected to reach 19 C.

After that however, clouds, showers and cooler temperatures are forecasted through the weekend. The temperature is forecast to be only 9 C tomorrow and 8 C for Saturday and Sunday.

More potential human remains found by Cape Breton cemetery

DISCOVERY For the second time in three days, possible human remains have been discovered near a Cape Breton cemetery.

Police were called to an

area today near Hebrew Cemetery in Whitney Pier. Officers recovered small bones that police say are believed to be human. They say it's believed the

bones are associated with the recovery of remains on Saturday.

A person phoned 911 after finding bones about 30 to 60 metres behind the

cemetery.

The bones, which police believe are also human, have been sent to Halifax for identification.

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Stable gas prices on the horizon: Analyst

105.8¢

The price of gas in metro Halifax this week is 105.8 cents per litre of regular self-serve gasoline.

week.

"Stability even helps the people that sell fuel."

High prices of gasoline have been leading auto manufacturers to make smaller, more fuel-efficient vehicles.

With more people purchasing those vehicles, the price of fuel is depreciating, said Collins.

Also, ethanol is starting to become more popular, especially whereas some areas in the United States are mandating its use in fuel. The use of ethanol is also pushing gasoline use and prices down.

AMHERST DAILY NEWS

NSP, NewPage paper mill to create biomass facility

POWER A Cape Breton paper mill and Nova Scotia Power Inc. have announced plans to develop a biomass co-generation facility.

3% The facility's output represents about three per cent of the province's total electricity requirement.

operation of the facility and the fuel supply.

Beginning in late 2012, the facility is expected to supply Nova Scotians with approximately 400 gigawatt hours a year.

The project, which still requires regulatory approval from the Nova Scotia Utility and Review Board, is expected to create about 150 new jobs in northern Nova Scotia, primarily in the forestry sector.

THE CANADIAN PRESS

Truro tied 2nd for cost-competitiveness

SURVEY A recent survey showing Truro-Colchester as among the most cost competitive locations to do business in Canada is good news, says the Truro and District Chamber of Commerce.

The KPMG survey ranked the Truro-Colchester region as tied for second place in the category of most cost competitive Atlantic Canadian business locations and tied for third in Canada.

"This is no small feat," said chamber president Chantale Hache.

"Our region's current and previous rankings in this survey are excellent

Atlantic cities

- Moncton ranked highest in Atlantic Canada and was second to only Sherbrooke, Que., nationally.
- Truro and Fredericton were tied for second in Atlantic Canada and third in the entire country.

tools for attracting and retaining businesses and all of the benefits that come with them."

The survey takes into account several factors, including the cost of labour, leasing, transportation, utilities and taxes.

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The country's largest public-service union says it will fight a Canada Post decision to privatize parts of its operations. The Crown corporation announced last week it would outsource its contact centres and the National Philatelic Centre, eliminating more than 300 jobs across the country. **THE CANADIAN PRESS**

Canada/World

MPs' jet-setting budget slashed

Federal politicians who've been jetting in style around the globe have had their wings clipped.

The proposed budgets for 13 parliamentary friendship associations — which send dozens of MPs and senators on coveted trips to exotic locales each year, all at taxpayers' expense — have been rejected.

The joint House of Commons-Senate body which authorizes the budgets has told the associations that pricey world travel at a time of record deficits and spending restraint is unacceptable.

"What we did is we basically told everybody to go back to the drawing board," said David Tkachuk, a Conservative senator who co-chairs the

What was asked

• Draft budgets, obtained last month by The Canadian Press, showed the Inter-Parliamentary Union and the Commonwealth Parliamentary Association were asking for \$870,366 and \$605,818 respectively — most of it for international travel.

Joint Interparliamentary Council.

"You can't be leaders, telling everybody else to practise restraint and not do it yourself."

The associations have not been left penniless, however.

While they draft new budget requests, the coun-

cil has agreed to give the 13 associations just over \$800,000 — half the \$1.9 million spent by the groups last year, with another 15 per cent lopped off for good measure.

That's a far cry from the almost \$1.5 million just two of the 13 associations had wanted to spend this fiscal year, largely on trips to tourist meccas.

THE CANADIAN PRESS

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Whitby, Ont. Friend's funeral



Football players stand arm-in-arm as they watch pallbearers carry the casket of football player Mike McDonald, 16, yesterday in Whitby, Ont. McDonald was stabbed to death outside his Oshawa high school during a fight at a bus stop last week. He died in hospital. An 18-year-old fellow student was arrested.

News in brief

HEALTH A real commitment to maternal health — Prime Minister Stephen Harper's stated new foreign-aid priority — will cost the world another \$12 billion a year, according to experts. "We know how much it's going to cost to do this. And it's \$12 billion additional each year to what we're doing now," says Jill Sheffield, founder and president of Women Deliver, an aid-advocacy group. **TORSTAR NEWS SERVICE**

Tories to review pardon process

JUSTICE Public Safety Minister Vic Toews says the federal government will look for ways to stop "rubber-stamped" pardons after revelations that sex-abusing hockey coach Graham James was granted one.

"I think there needs to be a little more direction given to the (National Parole) Board in terms of what they can consider overall, and that these

things should not just be rubber-stamped," Toews said.

"We're taking a look at the legislation to see how we can consider amending it."

Toews said he was surprised to learn that James, a former junior hockey coach, was granted a pardon in 2007 for sexual assaults against two teens.

THE CANADIAN PRESS

Deadly U.S. consulate attack follows lull in Pakistan violence

PAKISTAN Islamist militants unleashed a car bomb and grenade attack against a U.S. consulate in northwestern Pakistan yesterday, killing four people and striking back after months of American missile strikes against Taliban and al-Qaida fighters in the region.

Hours earlier, a suicide bomber killed 45 people and wounded more than 70 at a rally by a secular political party in the northwest that has supported recent Pakistani army offensives in the region close to

Afghanistan, where the United States is battling a related insurgency.

The attacks follow a lull in violence since the beginning of the year, illustrating the militants' resilience.

The multi-pronged strike against the consulate in Peshawar city was the first direct assault on a U.S. mission in the country since 2006. Officials said the four attackers in two vehicles hoped to breach the heavily fortified compound and kill people inside, but they failed to do that and caused

only minor damage.

They detonated their first suicide vehicle at a checkpoint some 20 metres from the entrance to the consulate, said Peshawar police Chief Liaquat Ali Khan. The second vehicle, which was carrying a larger amount of explosives, was stopped at another security barrier, he said. "The driver had no option but to detonate the vehicle right there," said Khan.

The second blast killed two militants wearing suicide vests, said Khan.

THE ASSOCIATED PRESS

Colombia Painful day



Maria Gomez, centre, and Maria Jaramillo, mother and sister of Manuel Jaramillo, cry at the entrance of the morgue in San Luis, Colombia, yesterday. Manuel Jaramillo, 15, was among at least 21 people killed on Sunday, when a bus on the Medellin to Bogota highway left the road and fell down a cliff.

Over 100 miners freed after 'miracle' rescue

CHINA More than 100 Chinese miners were pulled out alive yesterday after being trapped for over a week in a flooded coal mine, where some ate sawdust and strapped themselves to the shafts' walls with their belts to avoid drowning while they slept.

Rescued miners wrapped in blankets, some with their light-sensitive eyes covered but their feet bare, were hurried to waiting ambulances that sped wailing to nearby hospitals. One clapped on his stretcher and reached out his blackened hands to grasp those of rescuers on either side.

Rescuers in tears hugged each other at the scene, which was broadcast live on national television. The sudden surge in rescues was a rare piece of good news for China's mining industry.

"A miracle has finally happened."

Liu Dezheng, rescue spokesman

the deadliest in the world.

A rescue spokesman said 115 survivors had been pulled out as of yesterday morning.

"A miracle has finally happened," Liu Dezheng told reporters yesterday, after the first nine miners were taken out shortly after midnight.

"We believe that more miracles will happen."

Of the 153 initially trapped, there are still 38 miners in the shaft. Rescuers expressed confidence they could be saved but did not say whether there had been any contact with them.

THE ASSOCIATED PRESS

News in brief

CALIFORNIA Inspectors red-tagged nearly 80 per cent of Calexico's downtown yesterday, where roofs caved in, windows smashed and inventory was strewn after a deadly quake. It could be devastating for the economy of the county, which already has the highest unemployment rate in the state.

THE ASSOCIATED PRESS

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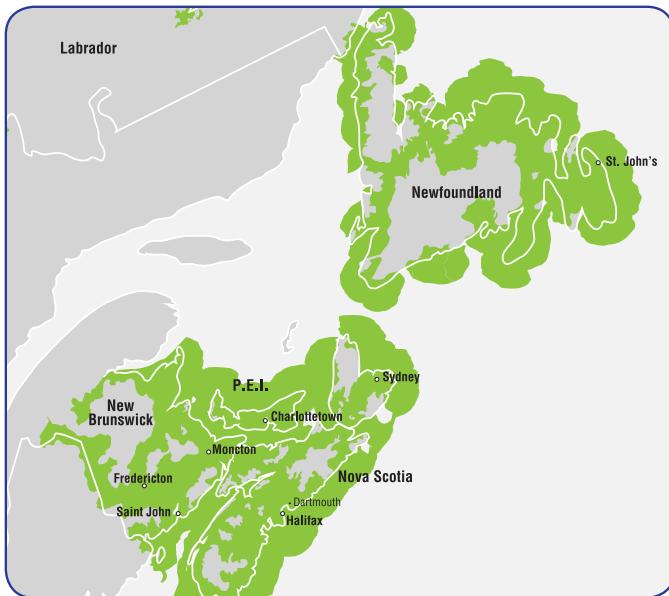
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Walmart

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Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

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Comment

Will Harper say Simon?

National Report

Lawrence Martin

s the race for governor general over before it's begun? Canada has never had a member of our First Nations as governor general. That's quite an oversight and the word from the prime minister's neighbourhood is that he has been thinking of this and feels it's time the problem was rectified.

The aboriginal candidate who is attracting attention is Inuit leader Mary Simon. If the prime minister can be satisfied she can do the job with rudimentary French, sources say she's got it in the bag.

Forget all those celebrity names being bandied about like William Shatner. The post, as has been

amply demonstrated in recent times, requires experience in politics and public affairs. Among other positions in her distinguished career, Simon has been ambassador to Denmark, ambassador for circumpolar affairs, chancellor of Trent University and a negotiator for native peoples during the repatriation of the constitution.

She hails from a town in Nunavik in northern Quebec with the world's most unpronounceable name: Kangiqsualujuaq.

Simon has been taking French lessons for the past several months, apparently since her name began being bandied about as a governor general candidate. Though her French is weak, it is stronger than that of Raymond

Hnatyshyn, who served as governor general in the

Mulroney years. Her appointment would mean two successive governors general from Quebec, but Simon would be seen less as a Quebec governor general than as a native peoples one.

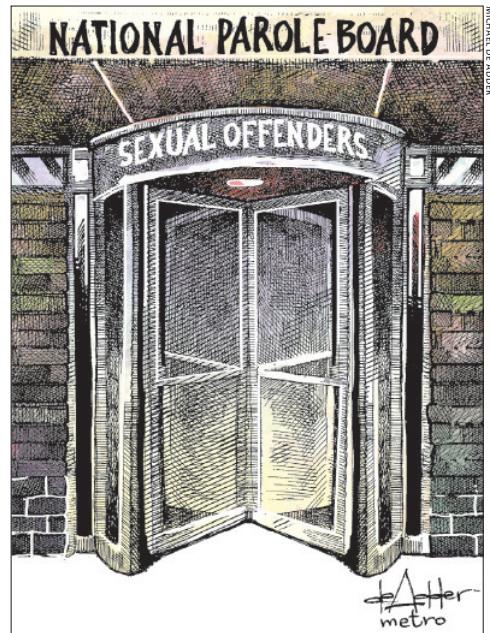
The Paul Martin Liberals seriously considered an aboriginal Canadian for the post in 2005 before settling on Michaëlle Jean, who leaves after a high-profile tenure that showed how important the governor general's post can be. In 2008, Jean granted a prorogation to Harper, one that may have saved his government. Earlier that year she granted him a dissolution to call an election even though he was breaking his new fixed-date election law to do so.

From that point of view, Harper should be sorry to see her go. But if he is thinking of Simon as a replacement, he may very well have found a splendid successor.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



Mary Simon



de Adder
metro

Worth mentioning

Wisdom does increase with age, study reveals

It turns out grandma was right: Listen to your elders. New research indicates they are indeed wise — in

knowing how to deal with conflicts and accepting life's uncertainties and change.

It isn't a question of how many facts someone knows, or being able to operate a TV remote, but rather how to handle disagreements — social wisdom.

The birds and the bees are not only a metaphor for the miracle of procreation. In terms of ecosystem health, they're like canaries in a coal mine. If they're in trouble, we're in trouble. It's time to wake up and smell the coffee (organic and shade-grown, please.)

Otherwise, we will all be singing the saddest line in Joni Mitchell's song: You don't know what you've got till it's gone.

Norm Beach is a writer and teacher in Toronto.

Increased wisdom

- The study concluded that economic status, education and IQ also were significantly related to increased wisdom, but they found that "academics were no wiser than non-academics" with similar education levels.

that the elderly have some advantages for analysis of social problems."

"I hope our results will encourage people to assume that older people may have something to contribute for thinking about social problems," Nisbett said.

While the researchers expected wisdom to increase with age they were surprised at how strong the results were for disputes in society, Nisbett said.

"Age effects on wisdom hold at every level of social class, education, and IQ," they report in today's edi-

THE ASSOCIATED PRESS

Views

Leave us the birds and the bees, please



Norm Beach

Four decades ago, in the year of the first Earth Day, Joni Mitchell got out her guitar and sang, "Hey farmer, farmer, put away that DDT, give me spots on my apples, but leave me the birds and the bees ... please!"

Amazingly, people and politicians listened and acted, and for the sake of the birds and bees, the toxic chemical DDT was banned. Briefly, it looked good for busy, buzzing, chirping and warbling creatures. But their numbers have gone into a tail-

spin.

In the 40 years since Joni Mitchell's wake-up call, it's been estimated that we've lost nearly half our birds. York University biologist Bridget Stutchbury (*Silence Of The Songbirds*) blames the destruction of forest habitat as well as poisoning due to pesticides. She recommends we buy organic produce and shade-grown coffee from farms that have preserved trees.

Ironically, bird-killing pesticides put us on a deadly treadmill because fewer insect-eating birds mean more bugs and even more toxic chemicals. And dwindling forests threatened by wood-eating insects will get smaller still if there

aren't enough birds to eat the bugs. We all know birds need trees. How many of us think about the fact that trees need birds?

Pesticides are also killing bees and their dramatic population decline threatens our food supply. One-third of our diet comes from flowering plants pollinated by insects, mostly bees. The list of more than 90 foods includes nuts, apples, oranges, melons, berries, broccoli, and cereal. What would our diet be like without them?

Recent bee die-offs have been called a mystery because scientists cannot agree on which of several factors is most important. But some widely-used pesticides are known bee

killers, and it might not be wise to suspend judgment until all the bees are gone. Because the one certainty is if that happens, we'll be the ones to get stung.

The birds and the bees are not only a metaphor for the miracle of procreation. In terms of ecosystem health, they're like canaries in a coal mine. If they're in trouble, we're in trouble. It's time to wake up and smell the coffee (organic and shade-grown, please.)

Otherwise, we will all be singing the saddest line in Joni Mitchell's song: You don't know what you've got till it's gone.

Norm Beach is a writer and teacher in Toronto.

Tell us your views by email to halifaxletters@metronews.ca or comment on metronews.ca or on Twitter @metrohalifax

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

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1.00%	0.70%	0.65%	1.20%	1.00%	0.75%	1.00%	0.75%

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Prepare for higher interest rates

AlisonOnMoney

Alison
Griffiths

metronews.ca/alisononmoney

It's official. Last week the major banks raised mortgage rates — 60 basis points for a five-year fixed to 5.85 per cent from 5.25 per cent. Variable rate holders are quaking. Do you lock in, hold your breath and pray, downsize to delightful Musquodoboit Harbour?

Panic not. June 1 is the consensus pick by the pundits for the central bank to increase interest rates. But I doubt we are going to see precipitous rises to match the fall-off-a-cliff prime rate decline from 6.25 per cent at the end of 2007 to

ALISON'S MONEY RULE
The best defence is a good offence when it comes to rising mortgage rates. Create your own mortgage busting plan.

2.25 per cent in early 2009. So there will likely be time to prepare and consider.

If you are one of the lucky ones with a variable rate pegged a certain percentage below prime — some are as much as one per cent — you still have lots of cushion. Even if you didn't crack such a yummy deal, any variable rate pegged at a quarter to half over prime or less is one you want to hold on to.

Interest rates could certainly rise by a couple of percentage points in the future if the Consumer Price Index (CPI) keeps increasing. But if your term has a couple of years or more remaining then you will still be saving on interest costs with a variable rate. Of course, you do risk renewing your mortgage at a higher rate than if you had locked in now.



Fixed or variable rate, the best way to protect yourself as interest rates rise is to pay down your mortgage while you have the most advantageous rate.

Fixed or variable the best way to protect yourself is to pay down your mortgage while you have the most advantageous rate. The more you take off the principal the less exposed you are to higher rates in the future.

One reader is attacking her mortgage by cancelling Internet and cable TV service — neither of which she uses much since she leads a busy life. And she intends to get rid of her cellphone when the contract comes due shortly

and (this is huge) do her own manicures. The \$185 a month saved will nicely speed her mortgage on its way.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at griffiths.alison@gmail.com.

MoneyMatters

Henry
Choo
Chong

metronews.ca/moneymatters

Dividends
more tax
friendly

Q I am single and will have no income this year. However, I receive dividends from my investments. How much dividend can I receive and at what rate will I be taxed? Are all dividends treated and reported the same for tax purposes? — Drew

A Dividends are more tax friendly than interest income and most other forms of income.

There are several types of dividends but most individuals are commonly exposed to foreign, eligible and ineligible dividends.

Foreign dividends received from U.S. corporations are taxed similar to interest income.

Since 2005, publicly traded shares such as Bell, RBC, Suncor pay out eligible dividends and many private corporations pay out ineligible dividends. Not to dwell on the technical aspects, the type of dividend is determined based on whether the company benefited from the small business deduction or its general rate income pool.

Individuals who receive eligible dividends are taxed on a grossed-up 145 per cent and will receive a 19 per cent tax credit (of the grossed-up dividend). An individual with no other income can receive approximately \$50,000 before paying any income taxes. Taxpayers in receipt of an ineligible dividend are taxed on the grossed-up 125 per cent and get a 13% per cent tax credit (of grossed-up amount). Individuals can receive about \$37,000 in dividend before paying taxes. Generous amounts for some risk taking.

Q Is a non-resident landlord obligated to pay taxes? — Mario

A The non-resident landlord is obligated to remit 25 per cent of gross rental income collected. Under section 216 of the act, this amount may be reduced.

Photo credit: Cylla von Tiedemann

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Your Money in brief

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Henry Choo Chong, CGA, can be reached at choochonghcg@yahoo.ca

Donati named ECHL rookie of the year

Former Atlantic University Sport star Justin Donati has been named East Coast Hockey League rookie of the year. Donati, who spent the 2007-08 season with the P.E.I. Panthers, had 104 points in 65 games with the Elmira Jackals. **METRO HALIFAX**

Sports

EDITOR: DON.MCHOUILL@METRONEWS.CA

Game No. 2 for Bodnarchuk

Andrew Bodnarchuk of Hammonds Plains played in his second career NHL game last night in a 3-2 loss to the host Washington Capitals. The former Halifax Mooseheads captain played just less than six minutes on the Bruins' blue-line. He made his debut on Saturday.

METRO HALIFAX

Thomas released by Rainmen

Halifax cuts centre, but would like to see him return next year

MATTHEW WUEST
matthew.wuest@metronews.ca

The DeAndre Thomas experiment might not be over, but the big centre won't be suiting up for the Halifax Rainmen again this season.

The Rainmen have released the six-foot-eight, 320-pound Chicago native so he can play for the International Basketball League's Albany (N.Y.) Legends, whose season starts on Friday.

Thomas, a 23-year-old rookie pro, played less than 10 total minutes in his most recent six games and did not accompany the team on last weekend's road trip after falling behind three other centres on Halifax's depth chart.

"He wasn't going to play the rest of the year — he wasn't gonna play over Larry Turner, he wasn't gonna play over Marc Mazur, and he wasn't gonna play over John Strickland," owner Andre Levingston said. "We just said, 'Let's just let him go.' He can go (to Albany) and play. He needs to get on the floor."

Thomas averaged just 2.2 points and 2.3 re-



RYAN TAPIN/METRO HALIFAX

The Rainmen let go of DeAndre Thomas so he could play for the Albany (N.Y.) Legends of the International Basketball League. The Legends begin their 20-game season on Friday.

bounds in 10 games, but the Rainmen still consider him a high-upside project if he can continue to improve his conditioning.

Described as a "young John Strickland" by Levingston, the thinking is he could develop into an im-

pact big man because of his deceptively quick feet and vision.

Levingston said Thomas could be a starter with the Legends, who play a 20-game schedule that wraps up at the end of June.

"We definitely want him

back next year," Levingston said. "I just thought it was really important for him to get some minutes. He could be really good."

The Rainmen have 11 players on their roster and cannot sign anybody else

"He wasn't going to play the rest of the year — he wasn't gonna play over Larry Turner, he wasn't gonna play over Marc Mazur, and he wasn't gonna play over John Strickland."

Rainmen owner Andre Levingston on DeAndre Thomas

Cole Harbour native helps U.K. club

HOCKEY Cole Harbour's Evan Cheverie helped the Belfast Giants win the United Kingdom-based Elite Ice Hockey League championship on the weekend.

Cheverie, whose squad also features former Halifax Mooseheads captain Brandon Benedict, fired the shootout winner as the Giants earned a 3-2 victory over the Cardiff Devils. Cheverie, with 67 points in 56 games, and Benedict, with 57 points in 43 games, were among the Giants' scoring leaders this season.

METRO HALIFAX

Sports in brief

MIJHL The Pictou County Weeks Crushers will look to rebound tonight in Game 2 of the Maritime Junior A Hockey League final in New Glasgow. The Crushers, 37-point underdogs, trail 1-0 in the best-of-seven series.

METRO HALIFAX

SCOREBOARD

PBL

	W	L	PCT	GB
xy-Lawton-Fort Sill	17	2	.895	—
x-Rochester	14	4	.778	2.5
X-HALIFAX	12	7	.631	5.0
x-Vermont	11	7	.611	5.5
Manchester	6	14	.300	11.5
Quebec	4	14	.222	12.5
Buffalo	3	16	.158	14.0
Maryland	3	17	.150	14.5
x = clinched playoff spot; y = clinched first overall.				
Quebec at HALIFAX, 7pm.				WEDNESDAY

Gordon given AHL all-star status

AHL Andrew Gordon has been named a second-team American Hockey League all-star.

The Hershey Bears forward from Porters Lake earned the nod with 36 goals and 34 assists for 70



Andrew Gordon U.S. college hockey at St. Cloud State, is in the third year of a three-year entry-level contract with the Washington Capitals and has played three career NHL games. The Bears are the defending Calder Cup champions and have already clinched first in the AHL this season with a 59-15-3 record.

METRO HALIFAX

Six candidates but who'll go first?

MATTHEW WUEST
matthew.wuest@metronews.ca

QMJHL DRAFT The QMJHL's Central Scouting department is narrowing down a list of six names as it prepares its final ranking for June's draft.

Director of scouting Patrick Charbonneau said yesterday he is eyeing a half-dozen prospects for top spot in his final ranking, due out May 1: defencemen Michael Matheon, Jeremie Fraser and Dominic Poulin and forwards Taylor Burke, Liam O'Brien and Luca Ciampini.

In a draft with no obvious front-runner, scouts have their hands full as they get ready for June 5 in Drummondville, Que.

"There are six guys who — for different reasons —

could be No. 1," said Charbonneau.

"I don't know who will be No. 1, but it will be one of those six and those will be the top six in some order."

Burke, who plays for the Cole Harbour major midgets, and O'Brien, who played in the Saskatchewan midget ranks with the Notre Dame Hounds, are both from Halifax.

It would not be a surprise for a defenceman to go No. 1, nor would it be a surprise to see blue-liners dominate the top 10.

The Halifax Mooseheads have the second overall pick in the draft.

"This is one of the strongest years for de-

fencemen since I've been part of the draft," said Charbonneau, who has been a QMJHL scout for seven years. "The calibre of defensive prospects is really high."

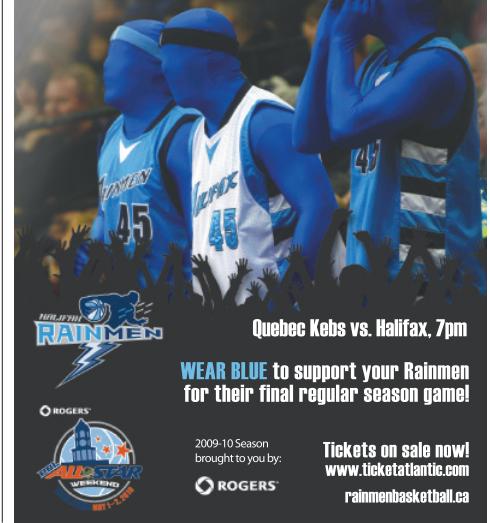
Central Scouting released a list of first-round prospects last week, but no rankings were assigned.

International Scouting Service, meanwhile, has Fraser No. 1 on its March list and will release its final ranking in May.

For more on the top QMJHL draft prospects, visit Matthew Wuest's Q Files blog later today at <http://www.metronews.ca/qfiles>

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12 sports

'I need to be a better man': Tiger

Tiger Woods, acknowledging he has "acted terribly," says he has to become a better man in the future.

In his first unrestricted meeting with the media, the star golfer said his fall from grace, like the death of his father and the birth yesterday's press of his children, conference, has shown him what really matters.

"It's not about the championships, it's about how you live your life," he told a news conference at



Tiger Woods at

the Masters. "And I hadn't done that the right way for a while. I need to change that. Going forward, I need to be a better man than I was before."

"Just because I've gone through treatment doesn't mean it stops."

Woods said his double life had taken a toll on his golf, despite his many successes.

"I won numerous tournaments over the last couple of years but I wasn't having anywhere near the amount of fun. Why? Be-

cause look what I was engaged in. Living a life where you're lying all the time, life's not fun. That's where I was. Now that's where I am. Now that's where I am and it feels fun again."

Woods also revealed he had five stitches in his mouth after the infamous Thanksgiving night car crash that exposed details of his sordid private life.

"I acted terribly, poorly, made just incredibly bad decisions, decisions that

have hurt so many people close to me," he said.

Asked how he kept his other life a secret, he said: "I fooled myself as well. I lied to a lot of people, deceived a lot of people."

THE ASSOCIATED PRESS

Did you know other golfers are in the Masters? Like the patiently-preparing Mike Weir.

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NCAA The pressure's on



MICHAEL CONROY/THE ASSOCIATED PRESS

Duke's Jon Scheyer, left, tries to block a shot by Butler's Willie Vasley during the first half of the men's NCAA Final Four college basketball championship game yesterday in Indianapolis. For the game results, visit metronews.ca/sports.

Red-hot Halak likely to start as Habs look to win on the Island

NHL Even riding a two-game shutout streak, Jaroslav Halak does not assume he will be the starting goaltender for the Montreal Canadiens.

The 24-year-old was named the NHL first star of the week yesterday after winning 1-0 at Philadelphia on Friday and 3-0 at home over Buffalo a night later.

He is all but certain to be in goal again when the Canadiens try to take another step toward clinching a playoff spot against the Islanders in New York tonight.

But Halak won't take that for granted, publicly at least. Perhaps that is because coach Jacques Martin's policy is to name his starter only on the day of a game, or that Halak has seen highly touted Carey Price get favoured treatment too often in the past.

"This is not in my control," said Halak, whose shutout string now spans 144 minutes 41 seconds — back to a second-period goal by New Jersey's Dainius Zubrus on March 27. "If I get a chance to

Bruins fall to Caps

• Brooks Laich's power-play goal 44 seconds into overtime gave the Washington Capitals a 3-2 win over the Boston Bruins last night. The Bruins gained a point and moved into seventh place in the Eastern Conference with 85 points. Montreal is sixth with 86 points and Philadelphia is in eighth place with 84 points.

play, I'll try to do my best.

"Lately, if you lose a game you don't play, so we'll see what happens."

Both goaltenders have been sharp of late, but the 22-year-old Price lost his last outing 2-1 to Carolina despite 33 saves and had the team collapse in front of him in the final two minutes against Buffalo in the start before that.

Price is only 13-20-5 this season despite a strong .912 save percentage. Meanwhile, Halak is 26-12-3 with a 2.31 goals-against average and .927 save percentage, third-best in the NHL.

THE CANADIAN PRESS

SCOREBOARD

NHL

YESTERDAY'S RESULTS
St. Louis 2 Columbus 1 (OT)
Washington 3 Boston 2 (OT)
Minnesota at Edmonton

YESTERDAY'S NL RESULTS

Chicago White Sox 6 Cleveland 0
Detroit 8 Kansas City 4
Minnesota at L.A. Angels
Seattle at Oakland

Arizona 6 San Diego 3
Atlanta 16 Chicago Cubs 5
Colorado 5 Milwaukee 3
N.Y. Mets 7 Florida 1
Philadelphia 11 Washington 1
Pittsburgh 11 L.A. Dodgers 5
San Francisco 5 Houston 2
St. Louis 11 Cincinnati 6

NCAA

YESTERDAY'S MEN'S BASKETBALL FINAL
Butler vs. Duke

MLB

YESTERDAY'S AL RESULTS

Texas 5 Toronto 4

Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Training like a Titan

Get a warrior workout inspired by hit action movie

Extreme Fitness, a fitness club chain in Toronto, and **Warner Bros Canada** want you to look and feel like a titan. Professional wrestler, fighter and fitness trainer **George Kiriakou** has come up with a sequence kick-butt moves to do just that.

"The program combines fitness training of an elite athlete with training of a professional martial artist," says Kiriakou. "The Clash of the Titans Warrior Workout focuses on improving your mental state so that you can lose weight, increase energy, burn fat, increase core strength and get a god or goddess-like figure."

THE TITAN PUSH-UP

Step 1: Place both hands in front of you on the ground, shoulder width apart. Place feet wide apart, making sure that both arms and legs remain straight. Back must remain flat with your head looking forward, ready to do the push-up.

Step 2: Slightly bend your arms, causing you to bring your upper body down and forward. You want to remain having a flat back as you skim your torso across the floor.

Step 3:

THE TITAN SQUAT
Step 1: Begin your Titan Squat in a basic squat position. This means that your feet are shoulder width apart and your arms are straight in front of you. Bend your knees so that your legs make 90 degree angles.



Here are some workout tips if you want to look like Sam Worthington from Clash of the Titans.

Continue moving your body forward and up until your arms are straight again. This will cause your lower back to arch as your hips become lower to the ground. As a result your back should be arched slightly while you are thrusting forward.

THE TITAN LUNG

Step 1: Begin your Titan Squat in a basic squat position. This means that your feet are shoulder width apart and your arms are straight in front of you. Bend your knees so that your legs make 90 degree angles.

Step 2: From the basic squat position, jump up as high as

you can while making a 180 degrees switch of position in the air.

Step 3: After completing a 180 degree jump, you want to land in the same squat position as in step 1.

THE TITAN LUNG

Step 1: Start off in a lunge position. Place your left foot in front and bend both legs until both legs end up in a 90 degree angle. Back should remain straight and in an upright position.

Step

Step 2: Shoot your feet back so that your hips are touching the ground. Your feet should be slightly wider than shoulder width and your arms should be straight.

Step 1 of the Titan Sprawl.



Step 3 of the Titan Lunge.



Step 1 of the Titan Sprawl.

Step 2: From the initial lunge position, engage your glute muscles, your core muscles and your quadriceps to help give you the strength and power to jump up.

Step 3: Finish your Titan Lunge in a basic lunge position.

THE TITAN SPRawl

Step 1: Begin on your knees with your back straight. Make sure that your knees remain shoulder width apart.

Step 2: From the position in step one, use your arms to help elevate you as you jump from your knees to your feet.

Step 3: Land your jump from your knees onto your feet. You want to land in a squat position. Make sure that as you transfer from your knees to your feet, your back remains straight and your feet remain shoulder width apart.

Step 4: Jump up as high as you can. This is an explosive movement that requires you to perform the jump as soon as your feet from step 3 are on the ground.

Step 5: As you land your jump, bend over and place your hands on the ground shoulder width apart.

Step 6: Sprawl. Shoot your feet back so that your hips are touching the ground. Your feet should be slightly wider than shoulder width and your arms should be straight.

Staying in good shape will make your sex life better

The J Spot

Josey Vogels

metronews.ca/thejspot

muscles in your body, the ones around your vagina get flabby with age leading to incontinence or a prolapsed uterus. As fun as all that sounds, regular exercise can help to avoid these problems.

And guys, you're not always going to be the studly young things you are now. Men's levels of arousal and their ability to maintain erections wane as you age. Regular exercise will keep your blood pumping ... everywhere.

Also, a good set of butt and lower back muscles will give you stamina and keep you from collapsing while you're doing the dead.

Abs of steel, strong thighs and a decent set of shoulders don't hurt either, and that goes for men and women.

Finally, sex in itself can be a good workout. During a good session of sex (the kind that leaves your legs rubbery and your head light), your heart rate multiplies as much as three times, and your breathing is almost twice as fast.

You can also burn between 200 and 300 calories. And a good, toe-curling orgasm helps tone every muscle in your body.

Most cardiovascular fitness routines recommend that to get and keep fit you need to raise your pulse and keep it an increased rate for 20 minutes, two or three times a week.

So if you can't afford a gym membership...

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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Hoopilates craze growing

Kids game of hula hooping a great way to get a low stress workout

ROMINA MCGUINNESS
Metro World News

Release your inner child as you get back to playground basics. From the glamourous Michelle Obama to your average sticky fingered five year old, everyone loves a bit of a swirl. Combine the cardio of hula hooping with the pull of Pilates for an all round body workout.

Hoopilates tones and sculpts the entire body, from your abdominals, to your hips to our thighs.

"Although hula hooping is very much about connecting with your inner child, this is an adult workout," explains Saharah Ali, Hoopilates trainer at Crunch Gym New York.

"The entire body is engaged throughout the class, from your muscles to your mind. The class begins with ten minutes of intense hula hooping in order to get the heart rate going, burn fat and increase the cardio vascular system.

"You hula to the right then to the left incorporat-

ing arm moves and leg lifts as you go along. This will make you leaner and stronger from head to toe. Good bye doughnut rolls and muffin tops, Hoopilates will leave you trimmed and sculpted."

The main challenge of the workout is keeping the hula hoop up and retaining your body balance. Concentration is key as you need to focus on your hand and eye coordination.

The workout helps revitalize the nervous system, helping to keep your mind alert, and reversing the aging process.

"Hoopilates creates the same mental stimulation as doing a crossword puzzle, the brain is working alongside

the body throughout — it's a 360 degrees class," says Ali.

Ali will alternate the intense hula hooping bursts with mat pilates every ten minutes of a one-hour class.

"We'll do scissor kicks, hundreds, the saw, leg bounces and sometimes use smaller hula hoops for balance work. We end the class by picking up the hula hoops one last time and go as fast as our hips will rotate."

One average people will burn between 300 to 500 calories in one session. It's great for those people who want a non-aggressive workout (no strain is applied on joints or the back) and those with balance problems.

Even Michelle Obama enjoys doing a little hula hooping. Trainer Saharah Ali says hula hooping is an entire body workout.

swaying and sweating to the music.

Saharah Ali's favorite music tune to get the hoop rolling? Vogue, by eighties pop icon, Madonna followed by the Black Eyed Peas's will.i.am's I Got it From Your Momma.

"I get the class to strike a Madonna pose while they hula hoop, it keeps the fun feeling going."



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UK TV presenter Georgie Thompson, left, and personal trainer Cat Dugdale have developed a new online female fitness program, iamsuperchick.com.

How to become a superchick

ROMINA MCGUINNESS
Metro World News

Women are no longer going online simply to check up on their latest eBay bargains. iamsuperchick.com, an online female fitness program developed by Georgie Thompson, from UK's Sky Sports, and personal trainer Cat Dugdale is giving women the opportunity to follow a fitness regime, while simultaneously cleaning

website

• For more information visit iamsuperchick.com.

their house or changing a nappy.

Metro spoke to Thompson about credit crunch fitness, cocktails and the ultimate hangover cure.

Most women would rather sit on the couch cradling a glass of wine in one hand and peanuts in the other than train.

"Women won't stick to an unrealistic training programme, no matter how committed they are," Thompson said.

"We offer an alternative; online programmes and home videos which can fit into their hectic lifestyles. The reason Cat and I created iamsuperchick.com was to help women who enjoy fitness but are too intimidated by it.

"If we're going to put ourselves out there as a female fitness brand which

responds to the demands of women, it must be reflected in the service," explains Thompson.

Whether you use a can of spaghetti hoops as weights (great for your bingo wings) or go into lunges while hoovering, it's all about shedding pounds away from prying eyes.

"Using what you have lying around the house and turning your front room into a gym is part of our credit crunch appeal," Thompson said.

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Fish & chips turns 150

This year, fish and chips is celebrating its 150th birthday. That date is according to the National Federation of Fish Friers, which represents about 8,500 fish and chip shop owners in Britain. **THE ASSOCIATED PRESS**

Food

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

LiquidAssets

Peter Rockwell

metronews.ca/liquiddassets

Season sippers

Winter has its advantages. When the weather outside is frightful I've got the perfect excuse to avoid all the outdoor work I hate so much. Sadly, come spring the lawn, the peeling paint and that deck of mine (that I really should stain) start to call out to me.

One of my resolutions for 2010 was to spend more effort keeping the Rockwell mansion shipshape and over the last few days I've thought long and hard about keeping that promise to myself. Since I think best with a glass in hand I got the wheels turning with a couple of season friendly wines.

Though over oaked whites may have fallen out of favour with the masses; a fresh, tropical chardonnay with just a little wood matches nicely with springy aromatics and lighter menus. The **2008 Toasted Head Chardonnay** (\$16.95 - \$17.99) gets its grapes from various California regions which inject its creamy fruit flavour with soft citrus and butterscotch undertones.



Tried and true recipes

Family and neighbours at Jeanelle Mitchell's summer cottage in northern Ontario have been the lucky recipients of her fabulous salads over the years. "Last summer I tested every recipe for this new book at our cottage," says the author of *For The Love of Salad* (Whitecap, paperback, \$19.95). In addition to recipes, the book also provides tips on cutting and preparing vegetables and the basic principles behind creating a spectacular dressing. **THE CANADIAN PRESS**

Spring into brunch classics

Welcome the season with a fresh open faced omelette and tomato salad

Open Faced Omelette with Turkey Sausage, Swiss Chard and Fontina Cheese

SERVES 4

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

RECIPE DEVELOPER: PAULA BOWMAN

INGREDIENTS:

- 6 eggs
- 2 Tbsp milk
- 1/2 tsp kosher salt
- 1/4 tsp freshly grated black pepper
- 1 Tbsp olive oil
- 8 ounces turkey sausage, casings removed
- 2 green onions, thinly sliced (about 1/4 cup)
- 1 bunch Swiss chard, cut crosswise into 1-inch chiffonade (about 4 cups)
- 1/2 cup fontina cheese, grated
- 4-5 basil leaves, torn

METHOD:

1. Preheat broiler to high.
2. In a medium bowl, lightly whisk eggs, milk, salt and pepper and set aside.
3. At medium high, heat oil in a 10-inch oven-safe non-stick skillet. Add sausage and cook, breaking into smaller pieces with the back of a wooden spoon until cooked through, about 4 minutes. Add green onions, stir 20 seconds until beginning to wilt, transfer to a plate and set aside.
4. Return skillet to heat; add Swiss chard and cook, stirring until beginning to
- wilt, about 3 minutes. Add sausage mixture to pan and stir. Add eggs to sausage mixture and tilt pan to cover bottom with egg mixture and distribute ingredients evenly. Push eggs away from sides and let uncooked eggs run to bottom of pan to cook. Sprinkle basil over egg mixture and cover top of omelette with cheese.
5. Cook for 3 to 5 minutes, until eggs are just set on the bottom. Transfer skillet to middle rack of the oven and broil until top is



Open Faced Omelette Turkey Sausage, Swiss Chard and Fontina Cheese.

wilt, about 3 minutes. Add sausage mixture to pan and stir. Add eggs to sausage mixture and tilt pan to cover bottom with egg mixture and distribute ingredients evenly. Push eggs away from sides and let uncooked eggs run to bottom of pan to cook. Sprinkle basil over egg mixture and cover top of omelette with cheese.

set, about 3-4 minutes. Cut into wedges and serve immediately.

PREP TIME: 15 MINUTES

SUBMITTED BY GREG STEWART, ST JOHNS, NL; TESTED BY JILL CASHMAN

INGREDIENTS:

- 5 Roma or on-the-vine tomatoes

CARLO MENDOZA

- 1 small red onion, minced
- 1 clove garlic, pressed
- 4 Tbsp lemon juice (or red wine vinegar)
- 1/4 cup olive oil
- 1/4 cup fresh Parmesan
- Pinch dried oregano
- Pinch fresh parsley or chives, minced
- Salt and pepper to taste

METHOD:

1. Wash and cut tomatoes into bite-sized pieces.
2. Combine red onion, garlic, lemon juice and olive oil. Mix to combine. Add spices and salt and pepper to taste.
3. Toss tomatoes in dressing. Grate Parmesan onto tomatoes before serving.

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Angelina Jolie and Brad Pitt visited Bosnia yesterday, intending to spotlight the plight of 117,000 people who have not been able to return to their homes, even though the Bosnia war ended 15 years ago. **THE ASSOCIATED PRESS**

Brangelina in Bosnia

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

Rufus Wainwright plays on

TheAudioFiles

Bryan Borzykowski

metronews.ca/music

Rufus Wainwright has always been an emotional artist — he's written about his addictions to drugs, talked openly about his sexual history and he hasn't shied away from singing about his famous family. But his latest record may be his most introspective yet. The album, *All Days Are Nights: Songs for Lulu*, was written while his mother, the popular Canadian folk singer Kate McGarrigle, was battling cancer.

She died in January, with Wainwright, his songwriting sister Martha and his folk singing father, and McGarrigle's ex, Loudon Wainwright III by her side.

When I spoke to the Montreal-raised artist about two months after his mother's death, he sounded exhausted. But, as usual, he didn't shy away from talking about his personal life.

"There have been times where I've just been going through the motions," he says on the phone from a beach house in Montauk,

N.Y., recalling some concerts he's played recently. "But I'd hit a chord and sing a note and somehow it just opened the floodgates to a sea of memories and feelings. I was completely flabbergasted and beside myself. There's a musical language that corresponds to her spirit for sure."

Whether it's real or imagined on my part, that spirit seems to be all over his new disc.

The record is a stunning collection of haunting piano and vocal-only songs that deal with illness, loneliness and also hope. Not every song is explicitly about his family, but tracks such as *Martha*, tackle his mother's cancer — and his relationship with his sister — head on.

"One of the great natural mysteries of the musical world is my family," he says half-joking, explaining why he writes about his relatives. "The fact is we are all successful, but not we're the Jacksons thank God. We've all managed to carve out our own singular sounds that are in one way distant, but also complementary to each other. It's a real anomaly."

The songwriting on this record gives those heartfelt lyrics an even softer edge. The spare instrumenta-



Rufus Wainwright's new album, *All Days Are Nights: Songs for Lulu*, was written while his mother, the popular Canadian folk singer Kate McGarrigle, was battling cancer. She died in January.

tion (though the piano is incredibly complex) is a far cry from the artist's usual over-the-top musical-like pop. It was as if he wanted to bring his songwriting back to basics so he could show off

just what he

learned from his mother and father over the years.

McGarrigle did get to hear some of the album — if not on record, at least while he was writing.

Because the piano arrangements were some of the most involved pieces he's ever composed, he had to practice a lot.

"My poor mother was ill upstairs, and be-

"I'd hit a chord and sing a note and somehow it just opened the floodgates to a sea of memories and feelings."

Rufus Wainwright

cause I was really hammering out this album it wasn't a delightful listening experience," he says. "I'd go upstairs and she'd be like, 'I'm not sure about this record, it sounds good to see live, but it's a bitch to listen too.'

Wainwright knows he still has many months ahead of him before the grief begins to subside, but that won't keep him from playing. If anything, his mother's death will keep him going. "When she died there was this almost instantiations and incredible reaction from the world press about her," he says. "It wasn't just about her being our mother, or being part of the McGarrigle sisters, but even about her own quirky view on things. There was a strong sense of a major accomplishment and legacy that I have to propagate."

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

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entertainment 17

DVD picks

The Lord of the Rings Trilogy (Blue-ray)

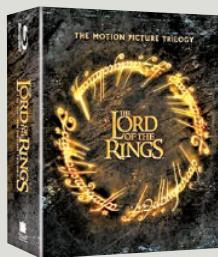
Directors: Peter Jackson

PERHAPS YOU LIVE in a cave, houseboat or hobbit hole where space is at a premium. Maybe you haven't already purchased one of the approximately 967 other DVD packages of this fantasy epic.

Could you by chance be one of the last remaining humans on the planet who have yet to see the Tolkien classic, as rendered cinematically by Peter Jackson for a total of 17 Academy Awards?

All of the above could be reasons why you'd want to splash out for this compact Blu-ray set, which neatly bundles all three films and their special features into one compact case, for a total of nine discs.

The main reason for purchasing this edition would be to get the unparalleled visual and sonic benefits that Blu-ray handsomely delivers. Frodo, Gandalf and their ring-chasing buddies have never look so good, outside of a movie theatre.



cating of the action from New York to the dank back alleys and furtive hotel rooms of post-Katrina New Orleans.

Everybody in Herzog's vision of the Big Easy is tightly wound, tripping pharmaceutically or on the take — or all three in the case of Cage's Terence McDonagh, a once-noble cop whose life has taken a tragic turn downhill.

Herzog told Cage to "set the pig loose" with his portrayal of McDonagh and does he ever. McDonagh's huge appetite for drugs, sex and violence makes him more scaly than the gators and iguanas that pop up unannounced, although the critters might just be a figment of a fevered mind that is perilously close to flipping out.

Yet the compromised copper is also capable of genuine tenderness, as seen in his love and devotion to a hooker junkie played with grace and empathy by Eva Mendes.

The slim extras include a making-of featurette and a digital photobook of on-set photos.

Peter Howell/for Metro Canada

Bad Lieutenant: Port of Call New Orleans

Directors: Werner Herzog

NICOLAS CAGE TAKES the junkie lawman character from Abel Ferrara's 1992 original *Bad Lieutenant* to a whole new level of weirdness, aided by director Werner Herzog's relo-

ON DVD AND BLU RAY APRIL 6TH



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	HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
4/6/10 primetime	31	31	31	ABC	News Center 5	World News	Inside Edition	Chronicle	Dancing With the Stars	Lost "Happily Ever After"	(11:02) V (N)		
	7	7	7	ASN	The Road to Avonlea	Degrassi: Next	TMZ (N)	Dancing With the Stars	The Middle	Old Christine	(11:02) V (N)		
	11	11	11	CBC	Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes	Laughs	Comedy Fest	CBC News: The National	The Hour	
	2	2	2	CBC-F	Pyramide (SC)	Union-force	Virginie (SC)	La Faute	Beautés désespérées (SC)	Musée Eden (N) (SC)	Le Téléjournal		
	32	32	32	CBS	WBZ News (N)	Evening News	Wheel Fortune	Jeopardy! (N)	NCIS "Guilty Pleasure"	NCIS: Los Angeles (N)	The Good Wife		
	69	69	69	CFTM	TVA nouvelles	Le Cercle (SC)	La Flèvre de la danse (SC)	Caméra café	Taxi 0-22 (SC)	La Promesse (HDTV) (N) (SC)	TVA nouvelles		
	6	6	6	CIHF	Entertainment	ET Canada	The Good Wife "Doubt"	Business rpt.	NCIS "Guilty Pleasure"	NCIS: Los Angeles (N)	News Final (N)		
	9	9	9	CJCH	Lost "Happily Ever After"	Law & Order: Special Victims	Podium TV	Community Matters	American Idol (HDTV)	Nine finalists compete. (Live)	CTV News		
	10	10	10	ELTV	(6) EastLink Television	Seinfeld	The Simpsons	Two/Half Men	American Idol (HDTV)	Nine finalists compete. (Live)	Fox First		
	36	36	36	FOX	News (N)	NBC News	Access H.	Extra (N)	The Biggest Loser A swimming challenge. (N)	Parenthood (N)			
news	12	12	12	NBC	(6) Power & Politics	The Lang & O'Leary Exchange	Connect with Mark Kelley (N)	CBC News: The National	Flashpoint (SC)	L'Attaque à 5			
	29	29	29	NW	PBS NewsHour (N)	Greater Boston	Maria Hinojosa	NOVA (N)	The Close	Market Call	Squeeze Play	Business News	
	35	35	35	PBS-D	PBS NewsHour (N)	Business rpt.	Steves Europe	NOVA (N)	Csi: NY (SC)	CSI: NY (SC)	Monster Jam (HDTV) (N)	Danger-Drives	
	68	68	68	TQS	Guerre clans	Atoms croch	Big Brother QC	Roxy (N) (SC)	CSI: NY (SC)	Flashpoint (SC)	John Daly	Live From the Masters (HDTV)	
	18	18	18	CNN	Business News	Headline	Market Call Tonight	John King, USA (N)	John Daly	Inside PGA	John Daly	Sportsnet Con.	
sports	54	54	54	GOLF	Live From the Masters (HDTV) (Live)	Overtime	NHL Hockey	Ottawa Senators at Florida Panthers. (HDTV) (Live)	Market Call Tonight	John Daly	John Daly	Live From the Masters (HDTV)	
	52	52	52	RSE	Connected W-Prime Time	WWE Monday Night RAW	NASCAR	NASCAR Hub	Race in 60 (HDTV)	Race in 60 (HDTV)	Race in 60 (HDTV)	Race in 60 (HDTV)	
	55	55	55	SCOR	After Wrestling	Covers Experts	NASCAR	NASCAR Hub	John Daly	Inside PGA	John Daly	NHL Hockey: Sharks at Flames	
	45	45	45	SPD	Barrett-Jackson 2006	Off the Record	SportsCentre	NBA Basketball	Toronto Raptors at Cleveland Cavaliers. (HDTV) (Live)	NHL Hockey: Sharks at Flames	NHL Hockey: Sharks at Flames	NHL Hockey: Sharks at Flames	
family	43	43	43	FAM	Han. Montana	Wizards-Place	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's
	44	44	44	TOON	Jimmy Two	Jimmy Test	Johnny Test	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	
	26	26	26	TREE	Wonder Pets	3rd and Bird	Backyardigans	Night Garden	Waybuloo	Toopy & Binoo	Franklin	Little Bear	
16	16	16	16	A&E	iCarly	To Be Indie	iCarly	Scorpion	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz
	70	70	70	APTN	The First 48 "Memphis"	Criminal Minds (HDTV)	Criminal Minds (HDTV)	Criminal Minds (HDTV)	Criminal Minds (HDTV)	Criminal Minds (HDTV)	Csi: Miami	Csi: Miami	Csi: Miami
	50	50	50	BET	APTN National News (N)	Fish Out of Water	Mixed Blessing	Cashing In (N)	Rabbit Fall	Blackfly	Moose TV	Rez Rides	Rez Rides
cable variety	37	37	37	BRVO	Emily of New Moon	Live at the Rehearsal Hall	Liza With a Z. Concert	Bravonews	Arts & Minds	Spect			
	25	25	25	CMT	CMT Star	CMT Star	Amer. Funniest Home Videos	Reba	Reba	According-Jim	According-Jim	Home Improve.	
	49	49	49	COM	Just for Laughs	Air Force	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Fit-Conchords	
	153	153	153	COURT	Missing Link	Killer Next Door	Crime Files	Dumb Criminal	Struggle for Justice	Killer, Door			
	38	38	38	DISC	Destroyed	Destroyed	Daily Planet (N)	How It's Made	How It's Made	Destroyed	Destroyed	Swamp Log.	
	34	48	48	HGTV	Extreme Makeover: Home	House Hunters	Property Virgin	Outdoor Room	Cur/Block	Sarah's House	Genevieve	House Hunters	
	46	46	46	HIST	Ancients Behaving Badly	Aftermath "World Without Oil"	Cities of the Underworld	Pawn Stars (N)	Pawn Stars (N)	Nosfradu			
	17	17	17	MM	Buffy the Vampire Slayer	Gossip Girl (HDTV) (N)	Springbreak 10	disBAND	Muchmusic Countdown				
	19	19	19	MM	mmtop10.ca	The Daily Fix	Ranked!	mmtop10.ca	Hammertime				
	201	201	201	M1	(6) Baby on Board	(8:15) One Week ★★ (2008, Drama) Joshua Jackson.	The Proposal (2009, Romance-Comedy)						
cable variety	39	39	39	SHOW	Trailer Park	Trailer Park	Relic Hunter	Unthinkable (2007, Suspense) (HDTV) Michelle Forbes.	Le Téléjournal (SC)	RDI économie	Drd Dead Diva		
	51	51	51	PEACH	Friends	Seinfeld	Family Guy	Family Guy	House-Payne	House-Payne	Opér. Repo	Opér. Repo	Ghost Hunters
	206	206	206	PIX	(6:20) Colorado Territory	(8:10) Edge of Madness (2002, Suspense)	Law & Order: Special Victims	Seinfeld					
	67	67	67	RDI	RDI monde	RDI économie	24 Heures en 60 minutes	Grands reportages (SC)	Le Téléjournal (SC)	RDI économie			
	39	39	39	SLICE	Til Deb-Part	Wedding SOS	Rich Bride Poor Bride	Party Mamas	Party Mamas	Party Mamas	Wedding SOS	Wedding SOS	
	47	47	47	SPACE	Stargate SG-1	Stargate Atlantis (DVS)	Star Trek: Voyager	Medium (N)	Fringe				
	14	14	14	SPIKE	The Unit "Stress"	The Unit "200th Hour"	UFC Fight Night (HDTV)	UFC Fight Night (HDTV)	Dr. Oz Show				
	57	98	98	STAR	etalk	TMZ (N)	Look-A-Like	Ellen DeGeneres Show (N)	The View (HDTV) (N)	Dr. Oz Show			
	21	21	21	TLC	Say Yes, Dress	Say Yes-Dress	Ultimate Cake Off	My First Home	My First Home	19 Kids-Count	19 Kids-Count	Chocolate	
	28	28	28	V	Just Cause	Le Dernière girafe	Partir autrement	Les Invincibles (SC)	Quantum Leap	Unscripted (N)			
cable variety	56	34	34	TROP	End of Leash	Last 10	The Celebrity Apprentice A theme park's new attraction.	Murder, She Wrote	May-December When I Laugh	Medium "Dead Aim"	Cold Case		
	20	20	20	TV5	Que-champion	Journal de Fr2	La Dernière girafe	Missing "Sisterhood"	Quantum Leap	Medium "Dead Aim"	Cold Case		
	60	97	97	VIVA	Psychic Inv.	Ghostly Enc.	Supernanny	Style by Jury	Grocery Bag	Beauty Call	Style by Jury	Look Good	
	22	22	22	W	House-Sell	House-Sell	NBA Basketball	Milwaukee Bucks at Chicago Bulls. (HDTV) (Live)					
	251	251	251	WGN	WGN Evening News	Two/Half Men	Family Guy						

critics'corner

Parenthood

Kristina's (Monica Potter) constant worrying takes a toll on her love life with Adam (Peter Krause). Max (Max Burkholder) starts working with a young behavioral aide (Minka Kelly). Sarah (Lauren Graham) debates whether she should go out with Amber's (Mae Whitman) teacher (guest star Jason Ritter). Crosby (Dax Shepard) tries to get the courage to tell his parents about Jabbar (Tyree Brown). Erika Christensen also stars in the new episode "The Big O." 11 PM on NBC



Style by Jury

Tina is only 40, but she has three grown children and is already a grandma, and she dresses like one — or possibly a grandma. Short on self-esteem, she favors manly clothes that are too big for her, and her relationship of three years is suffering. Enter host Bruce Turner and the style team to help her out of that oversized shell in the new episode "Old Before Her Time." 9 PM on W

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Bullock preps divorce docs

MEANWHILE, HER HUSBAND CHECKED OUT OF SEX REHAB WHEN HE FOUND OUT YOU COULDN'T HAVE SEX IN THERE

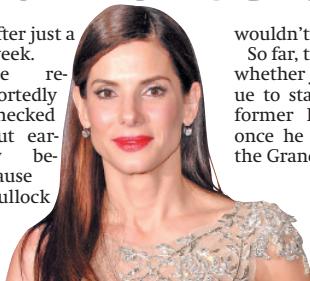
Sandra Bullock has reportedly had divorce papers drawn up to end her marriage to Jesse James after his cheating scandal erupted last month, but sources say the actress isn't giving any indication of when or

if she'll file, according to Radar Online. "Her attitude toward Jesse hasn't softened since she found out he was cheating on her," a source says. "She's been betrayed and cheated on and she's not getting over that." James, meanwhile, is said to have left the Arizona rehab facility he'd checked himself into

after just a week. He reportedly checked out early because Bullock

wouldn't take his calls.

So far, there's no word on whether James will continue to stay at the couple's former Hollywood home once he heads back from the Grand Canyon state.



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Tori Spelling denying rumours of marital rift

SOMEWHERE IN CANADA, MARY JO EUSTACE IS WATERING HER SCHADENFREUDE PLANT

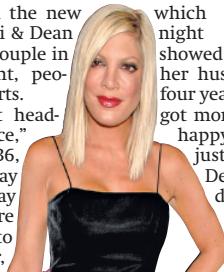
Tori Spelling is downplaying rumors of marital strife with Dean McDermott after leaked footage from the new season of *Tori & Dean* showed the couple in a major fight, people.com reports.

"We're not headed for divorce," Spelling, 36, said yesterday on NBC's Today show. "We're committed to each other,"

we're committed to this family. But you know, we work on things just like everyone else."

Footage from the fifth season of *Tori & Dean: Home Sweet Hollywood*, which premiered last night on Oxygen, showed Spelling telling her husband of almost four years: "It's like you got more and more unhappy and angry. I just want the old Dean back. I really do. I miss you so much."

METRO NEWS SERVICES



Trump stalker posts bail, has new 'strategy'

YEAH, THIS ISN'T GOING TO BE A VERY LONG RELEASE

A 27-year-old man accused of stalking Ivanka Trump was released on bail Friday, the New York Post reports. Justin Massler was arrested in Nevada on suspicion that he used the Internet to stalk the *Celebrity Apprentice* star, adds popeater.com.

Massler, who has been diagnosed with schizophrenia, was charged with stalking and harassment Thurs-

day and freed on \$10,000 US bail. Jail hasn't dampened Massler's enthusiasm for Donald Trump's daughter — the accused said Sunday night that he has a new plan to woo her.

"I've got a stalking charge, so that means I can't contact her. I won't, like, try to ever visit her directly," Massler told the New York Daily News.

However, he says he still plans on "trying to win her over."

METRO NEWS SERVICES



McCartney's meat-free tour

HAPPINESS IS A COLD SALAD

Paul McCartney has banned meat from his latest tour — he's serving vegetarian meals to all his crewmembers, femalefirst.co.uk reports.

The Beatles star is taking his Up and Coming Tour through the U.S., South America and Europe, and the staunch animal rights activist is making sure all his employees give up meat for the duration of the tour.

A spokesman for the veteran rocker tells Britain's Sunday Express newspaper, "We will serve some 480 vegetarian meals a day to keep the crew going."



METRO NEWS SERVICES

Follow these celebrities on Twitter...

CelebTweets

DEEPAK CHOPRA

thinks he can cause earthquakes, CONAN O'BRIEN is at the forefront of technology,

JESSE McCARTNEY is inspired by his elders, and

DIABLO CODY is relaxing with the classics.

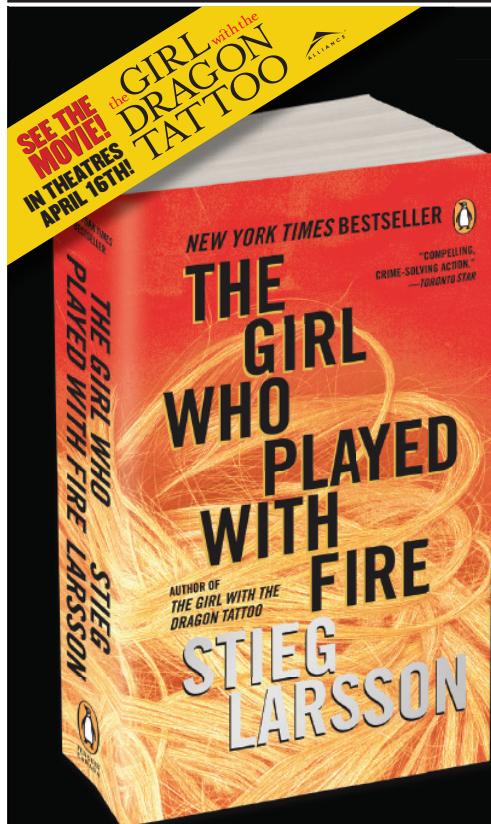
@DeepakChopra Was meditating on Shiva mantra & earth began to shake. Sorry about that

@ConanOBrien Just got the new iPad. This amazing device has already revolutionized the way I use a calculator.

@JesseMcCartney Sitting at a cafe in Bloomie's next to 3 of the oldest and funniest ladies I've ever seen. I hope I can still tackle a bottle of wine at 80.

@diabolocody Watching The Sound of Music. The Baroness is the most reasonable person in this movie

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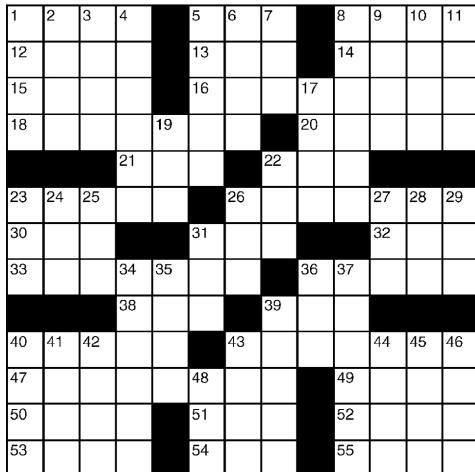
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ICELANDAIR.COM

For more delicious Metro recipes, visit: metronews.ca/food**Take Five****ACROSS**

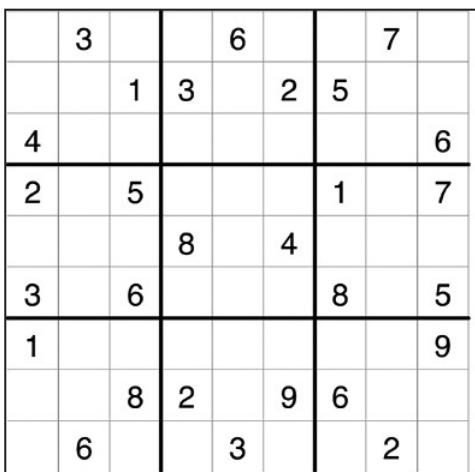
1 One of the deadly sins
 5 — Khan
 8 Item on stage
 12 Chills and fever
 13 Roadside weapon (Abbr.)
 14 "— but known, ..." 15 Entreaty
 16 Chaotic place
 18 Attack dog, often
 20 Beginning
 21 Exist
 22 Comedian Margaret
 23 Pretend
 26 Pitcher's warm-up area
 30 Possess
 31 Opposite of 29-Down
 32 Historic time
 33 Mark Twain, famously
 36 Dazzlingly bright
 38 Whatever number

DOWN

39 Coloration
 40 Anticipate
 43 It usually says "HELLO"
 47 Slogans
 49 Undulating
 50 Shrek is one
 51 Chow down
 52 Computer brand
 53 Anthropologist Margaret
 54 Raw rock
 55 Days gone by
 19 Vase's cousin
 22 Poolroom stick
 23 Dandy
 24 Ram's mate
 25 Hostel
 26 "See ya"
 27 Shell game need
 28 Mess up
 29 Opposite of 31-Across
 31 Actress Adams
 34 Caught in the act
 35 Oppositionist
 36 Wrigley product
 37 Elbow room
 39 Waste maker
 40 Teensy bit
 41 Carry on
 42 Taj Mahal city
 43 Approach
 44 Mexican entree
 45 State with conviction
 46 "Did — and gimble ..." 48 Ultramodernist (Pref.)

SudokuFor more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

**PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:**

FACT	PDA	PALL	9	5	2	1	3	6	4	7	8
ISLE	OAF	OLIO	3	6	7	8	9	4	2	5	1
ZEES	PHANTOMS		8	4	1	2	5	7	9	3	6
ZAFTIG	RIPIENS		5	7	9	3	2	8	6	1	4
ERRS	XIV		6	1	3	7	4	9	8	2	5
PHARAOS	EELS		2	8	4	6	1	5	7	9	3
ABS	QUANT	RAP	1	3	6	4	7	2	5	8	9
MOSS	PHARMACY		7	9	8	5	6	1	3	4	2
OHM	SPAY		4	2	5	9	8	3	1	6	7
SONORA	PYRITE		Look, MISTER, I DIVE AT THE BEST PLACES. IF YOU'RE TRYING TO IMPRESS ME, WORMS DON'T WORK.	46							
PHARISEE	TROD										
AINT	TORLING										
TOTS	ASS	ESSE									

On the webFor more games and 60 additional daily cartoon strips, visit metronews.ca**Horoscopes by Sally Brompton** sallybrompton.comFor Sally's expanded daily and weekend horoscopes, visit metronews.ca**ARIES****MARCH 21-APRIL 20**

If you rush into something of a financial nature today you may have to rush out again quickly — and at a considerable loss.

TAURUS**APRIL 21-MAY 21**

Make it your business to ask a friend or loved one why they are behaving so out of character. Don't push it if they don't want to talk.

LIBRA**SEPT 23-OCT 23**

It might be wise to keep your good ideas to yourself today, especially if they are the kind of ideas you cannot follow up on immediately.

SCORPIO**OCT 24-NOV 22**

It would appear that you have got hold of the wrong end of the stick where an affair of the heart is concerned. Your fears are completely unfounded.

GEMINI**MAY 22-JUNE 21**

Unexpected events will throw your plans into confusion, so don't bother planning your day in any great depth.

SAGITTARIUS**NOV 23-DEC 21**

Someone will be somewhat critical of your actions today but you must not let it affect what you are doing.

CANCER**JUNE 22-JULY 22**

Someone you have to deal with at home or at work will be rather touchy today and there is a danger their black mood will rub off on you. Don't let it.

CAPRICORN**DEC 22-JAN 20**

You won't be happy with superficial answers today. Use intuition to guide you and logic to evaluate what you learn.

LEO**JULY 23-AUG 23**

Insist on the facts today. What other people believe may be interesting but it is also irrelevant as far as your plans are concerned.

AQUARIUS**JAN 21-FEB 18**

Don't let your emotions get the better of you. If you find yourself getting angry you must focus your mind on all the good things there are in your life.

VIRGO**AUG 24-SEPT 22**

The Sun in Aries makes you ultra serious but other aspects make you want to go out and enjoy yourself. So what do you do? You enjoy yourself.

PISCES**FEB 19-MARCH 20**

This could be and should be a lucky day for you, but a lot depends on your frame of mind. If you believe that fate is kind, it will be.

This day in history

1830 – The Church of Jesus Christ of Latter Day Saints is organized by Joseph Smith, Jr. and others at Fayette or Manchester, New York.

1917 – World War I: The United States declares war on Germany 1930 – Gandhi raises a lump of mud and salt and declares, "With this, I am shaking the foundations of the British Empire." Thus he starts the Salt Satyagraha.

1973 – The American League of Major League Baseball begin using the Designated Hitter

2009 – A 6.3 magnitude earthquake strikes near L'Aquila, Italy, killing 307.

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Air, Hotel & City Tour

LONDON

Ambassadors London • 3★
Breakfast daily • Double standard rm.
June 1 & 6 • 6 nts.
FREE Hop-on / Hop-off tour

\$929 +Taxes & other fees
(including service charges): \$388

Air, Hotel & City Tour

ROME via Montreal

Hotel Center 1, 2, 3 • 3★
Breakfast daily • Double standard rm.
June 11 • 6 nts.
FREE Hop-on / Hop-off tour

\$1289 +Taxes & other fees
(including service charges): \$363

Air, Hotel & City Tour

PARIS via Montreal or Toronto

Hotel Cervantes Paris • 3★
Breakfast daily • Standard double rm.
June 6-11 • 6 nts.
FREE Paris city tour

\$1139 +Taxes & other fees
(including service charges): \$413

Air & Cruise

Royal Caribbean International²

Independence of the SeasSM
Western Europe Cruise
Round-trip flight to London
Inside stateroom, cat. N
June 5 • 14 nts

\$3029 +Taxes & other fees
(including service charges): \$597

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Two-city package

LONDON & PARIS

Non-stop flight to London,
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Hotel Ibis London Earls Court • 3★ (London)
Breakfast daily • Standard rm. • 4 nts.
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June 1 & 2

\$1269 +Taxes & other fees
(including service charges): \$363

Sun Destinations

DOMINICAN REPUBLIC

Samana

Gran Bahia Principe Cayacoa • 4★
All-Inclusive • Standard rm.
Apr. 29 • 1 wk.

\$579 +Taxes & other fees
(including service charges): \$295

**Gran Bahia Principe
El Portillo • 4★**

All-Inclusive • Standard rm.
Apr. 29 • 1 wk.



PRIVILEGES

\$629

+Taxes & other fees
(including service charges): \$295

CUBA

Varadero

**Iberostar
Laguna Azul • 4 1/2★**
All-Inclusive • Standard rm.
Apr. 30 • 1 wk.

\$969

+Taxes & other fees
(including service charges): \$213

Holguin

Playa Pesquero • 4 1/2★
All-Inclusive • Standard rm.
Apr. 24 • 1 wk.

\$979

+Taxes & other fees
(including service charges): \$213

JAMAICA

Gran Bahia Principe

Jamaica • 4 1/2★
All-Inclusive • Junior suite
Apr. 26 • 1 wk.



PRIVILEGES

\$1089

+Taxes & other fees
(including service charges): \$265

SAINT LUCIA via Toronto

Almond Morgan Bay • 4★

All-Inclusive • Standard pool
and garden view rm.
May 1-30 • 1 wk.

\$1749

+Taxes & other fees
(including service charges): \$227

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NASSAU, BAHAMAS

via Toronto

Breezes Resort, Bahamas • 3★

Super-Inclusive®
Deluxe garden view rm.
May 8-29 • 3 nts.

\$949

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(including service charges): \$99

Price based on Sat.-Wed. departures

JAMAICA

Breezes Bonanza³

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Run of the house
Apr. 26 • 1 wk.

\$1099

+Taxes & other fees
(including service charges): \$265



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